

STRESSED OUT? HAVE NO FEAR, TENSION TAMER IS HERE!

Tension Tamer stress management program

Prevention Partners' stress management program, Tension Tamer, is a self-paced educational program designed to help you reduce and manage stress. This program can be used by an individual or in a group setting. The Tension Tamer program includes:

- A manual
- A squeezable stress ball
- Stress dots
- A relaxation cassette

The Tension Tamer program helps you identify sources of stress, identify stress management techniques and carry out a plan of action. Stress management techniques, such as progressive relaxation, visualization, breathing and exercise, are provided. Each Tension Tamer program is \$10.50. This price includes South Carolina sales tax, and there are no shipping charges.

ORDERING INFORMATION

Name:

Address:

City:

State:

Zip:

Telephone:

E-mail:

Quantity:	X	Price:	\$10.50	=	Total enclosed:
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Make check payable to Employee Insurance Program. Sorry, no cash or purchase orders accepted.

Please mail check and entire order form to:

**Prevention Partners
Employee Insurance Program
P.O. Box 11661
Columbia, SC 29211**

Questions? Call **Prevention Partners** at 803-737-3820.



South Carolina Budget and Control Board
Employee Insurance Program

PREVENTION PARTNERS